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Written on MARCH 13, 2012 AT 8:00 AM by JWICK

Navy Chaplain Recalls Journey in Latest Real Warriors Profile

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Navy Lt. Cmdr. Steve Dundas, chaplain, reflects on his post-traumatic stress disorder and offers hope and inspiration in this new Real Warriors Campaign video. (Video courtesy of Real Warriors Campaign)

“You can’t go back to what you were... you have to adapt to what you are.”

- Lt. Cmdr. Steve Dundas

U.S. Navy chaplain

With 30 years in the military, the last 12 with the Navy, Lt. Cmdr. Steve Dundas thought he was sufficiently familiar with and steeled against the impacts of war. A deployment to Anbar province, Iraq, where he supported service members stationed in remote areas, changed his mind: literally.

As a trauma department [chaplain](#), Dundas had seen death. He had studied post-traumatic stress disorder (PTSD) and ministered to Marines diagnosed with it. But on this mission, he experienced the full impact of what Marines were exposed to—sights, sounds, smells and sheer exhaustion; traveling through some of the most hostile and inhospitable areas in Iraq; and coming under attack, the constant awareness that chaplains were a favorite target of al Qaeda.

Navy Medicine Video

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For more information about the Real Warriors Campaign click [here](#).

Editor's Note: This blog entry and video were originally posted on the [Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury's official blog](#) by Jayne Davis, DCoE Strategic Communications on March 8, 2012.

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